



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

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Governor Hoeven Proclaims Breast Cancer Awareness Month

BISMARCK, N.D. – Governor John Hoeven has proclaimed October 2009 as Breast Cancer Awareness Month in North Dakota.

Statistics show that one out of eight women in North Dakota will get breast cancer in her lifetime; in addition, breast cancer is the second leading cause of cancer deaths. On average, 520 women were diagnosed with breast cancer and 97 women died each year from 1997 through 2006, according to the North Dakota Department of Health.

The older a woman is, the more likely she is to develop breast cancer. Rates of breast cancer are low in women younger than 40, begin to increase after age 40 and are highest in women older than 70.

“Being a woman and getting older puts you at risk for developing breast cancer,” said Mary Ann Foss, director of the Division of Cancer Prevention and Control for the Department of Health. “Take the time to have your clinical breast exam and mammogram. Early detection is your best protection.”

According to the American Cancer Society, monthly breast self-exam is an option beginning at age 20. Breast self-exam can help a woman increase her awareness about how her breasts normally look and feel and what lumps and bumps are normal for her. A woman should have a clinical breast exam every three years beginning at age 20 and then yearly beginning at age 40.

A woman should have a yearly mammogram beginning at age 40. Women younger than 40 with either a family history of breast cancer or other concerns about personal risk should talk with their health-care provider about when to begin having mammograms or other tests and how often to have them.

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Getting a regular clinical breast exam and mammogram may be a challenge for some women. *Women's Way*, North Dakota's Breast and Cervical Cancer Early Detection Program, may provide a way to pay for clinical breast exams and mammograms for eligible North Dakota women ages 40 through 64. Other screening services available through *Women's Way* include Pap tests and pelvic exams to find cervical cancers or pre-cancers. For more information about *Women's Way*, call the toll-free number 1-800-44 WOMEN, which goes to the local coordinator in your area.

Please note: Proclamation follows.

Proclamation
BREAST CANCER AWARENESS MONTH
October 2009

WHEREAS, breast cancer is the most commonly diagnosed cancer in women in North Dakota; and

WHEREAS, about 470 North Dakotans will be diagnosed with breast cancer this year; and

WHEREAS, about 5,000 North Dakotans are breast cancer survivors; and

WHEREAS, it is important to continue the fight against breast cancer and to reduce the risk of this disease among our citizens; and

WHEREAS, October 16th is National Mammography Day, a day set aside to promote the importance of regular mammography screenings in the early detection and prompt treatment of breast cancer; and

WHEREAS, North Dakota women are encouraged to take preventive action; including performing monthly breast self-examinations, getting regular clinical breast examinations and following the American Cancer Society's guidelines for having a screening mammogram.

NOW, THEREFORE, as the Governor of the State of North Dakota, I do hereby proclaim October 2009, BREAST CANCER AWARENESS MONTH in the State of North Dakota.

John Hoeven
Governor

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